

In Season:



Tomato!



NUTRIENTS IN TOMATOES:

Vitamins: A and C; potassium.

SELECTION:

Choose tomatoes with bright, shiny skins and firm flesh.

STORAGE:

Store at room temperature, away from direct sunlight. Use within one week after tomato is ripe. Tomatoes taste best if not refrigerated; refrigerate only if you can't use them before they spoil.

QUICK FIX TIPS:

- Stuff a tomato with low-fat cottage cheese or with tuna, shrimp, or chicken salad. Use the pulp as part of the salad.
- Slice tomatoes about 1/2 inch thick. Sprinkle with seasoned breadcrumbs and Parmesan cheese. Bake at 350 degrees until tomatoes are almost soft.
- Slice fresh tomatoes and top your pizza.

10-Minute Veggie Soup

Prep Time: 10 Minutes; allow to rest for 5 minutes before serving

Serves: 6

Ingredients:

- 2 (29 oz) cans low-sodium chicken broth
- 1 (14.5 oz) can diced tomatoes – no salt added
- 1 tsp dried basil
- 1/2 tsp onion powder
- 3/4 cup macaroni, dry
- 3 cups frozen mixed vegetables
- 1/8 tsp salt
- 1/8 tsp pepper

Cups of Fruits and Vegetables per Serving: 1/2

Preparation:

1. Combine chicken broth, diced tomatoes, basil, and onion powder.
2. Bring to a simmer.
3. Add pasta and frozen vegetable mix (broccoli, cauliflower, and carrot mix is great in this recipe).
4. Cook for 6 minutes and remove from heat.

Note: Pasta will not be cooked all the way through. Let soup sit for 5 minutes, and pasta will become soft. Soup will then be ready to serve.



Nutritional Information per Serving:

Calories:112; Total Fat:0.5g;
Dietary Fiber:4g; Sodium:244mg



Recipe is courtesy of Produce for Better Health Foundation (PBH).

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